

## Nachos with sweet potato dippers

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## Nachos with sweet potato dippers

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Nachos with sweet potato dippers are a healthier twist on a comfort food classic.

### Spicy mince

- 500g grass-fed beef mince
- 1 tbsp cold-pressed extra-virgin coconut oil
- 1 red onion, diced
- 2 garlic cloves, crushed
- 1 red chilli, deseeded and roughly chopped
- 1 tsp smoked paprika
- 1 tsp cumin
- 400g tin crushed tomatoes
- 1 sachet tomato paste, no salt added
- Sea salt and pepper, to taste
- Sweet Potato Dippers
- 2 medium sweet potatoes, thinly sliced
- 1 tbsp cold-pressed extra-virgin coconut oil

### Guacamole

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- 2 avocados
- 75g cherry tomatoes, quartered
- ½ tsp cumin
- ½ lemon, juiced
- 1 tsp extra virgin olive oil
- ½ bunch coriander, roughly chopped
- Sea salt and pepper, to taste

Preheat oven to 200°C and line a baking tray with baking paper. In a large bowl toss the sweet potato discs with coconut oil and season well. Transfer to the baking tray and roast for 15 minutes, or until golden and cooked through.

Whilst the sweet potato dippers are cooking, heat a large frypan over medium heat and melt the coconut oil. Add onion, garlic, chilli, paprika and cumin and sauté for 5 minutes, or until golden. Add in beef mince and stir fry for 5 minutes, or until the mince has browned. Ensure you stir frequently to avoid lumps. Add the tomatoes, tomato paste and season well. Simmer over a low heat for 10 minutes.

To make the guacamole: scoop the avocado flesh into a large bowl. Add tomatoes and cumin and roughly mash together. Add lemon juice and olive oil, season to taste and mix well to combine. Season well and set aside.

**To serve:** line a serving dish with the sweet potato dippers. Add the spicy mince to the sweet potato and then top with the guacamole and fresh coriander.

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